

**Breakfast 2018-2019
Carbohydrate List**

Entrée	CHO	Entrée	CHO	Juice/Fruit	CHO
Bagel, Mini with Cream Cheese	41	Peach Biscuit	31	Applesauce	22
Bagel, Mini with Strawberry Cream Cheese	41	Salsa, Egg & Cheese Flatbread	14	Banana	27
Beef Biscuit	44	Sausage & Waffle Sandwich	18	Fruit Cocktail	21
Beef Nuggets	10	Sausage (Turkey) Biscuit	34	Grapefruit, Fresh	9.5
Breakfast Bagel	30	Sausage, Turkey	0.5	Grapes (1/2C)	8
Breakfast Bagel Turkey Sausage	20	Scrambled Eggs	1	Juice, Apple	14
Breakfast Bowl	21	Waffles (ea)	14	Juice, Fruit Punch	15
Breakfast Pizza	26	Waffles, Mini	35	Juice, Grape	20
Canadian Ham Biscuit	27	Waffles, Smuckers	35	Juice, Orange Tangerine	15
Cheese Omelet	2	Yogurt Raspberry	20	Juice, Strawberry Kiwi	16
Cheese Sticks	0	Yogurt, Go Big	18	Mandarin Orange	15
Cheese Toast	13	Yogurt, Peach	22	Nectarine	14
Cheese Toast	14			Orange, Fresh	15
Chicken & Waffle	20	Grains	CHO	Peach, Fresh	12
Chicken Biscuit	41	Biscuit	24	Peach cup	19
Chicken Sausage Bites	14	English Muffin	24	Peaches	15
Chicken, Spicy Biscuit	28.5	Grits	32	Pear, Fresh	25
Cinnamon Toast Crunch on the Go	22	Muffin Blueberry	26	Pineapple	18
Egg, Cheese, Turkey Bacon Toast	18	Muffin Top - Banana	28	Strawberries (1/2C)	6
English Muffin & Sausage	33	Muffin Top - Cinnamon	26	Tangerine (1)	22.5
French Toast Bar	42	Oatmeal, cinn	26	Watermelon	6
French Toast Stick/Syrup	63	Toast (1)	23		
French Toast Sticks (without Syrup)	43	Banana Bread Slice	44		
Frudel, Apple	36				
Frudel, Cherry	37				
Granola	26	Cereal	Cho	Milk	CHO
Maple Chicken Sausage Pancake Sandw.	20	Apple Cinnamon Cheerios	22	1%	13
Muffin, Blueberry	22	Cinnamon Chex	23	Chocolate	20
Omelet, Cheese	2	Frosted Flakes	25	Skim	13
Pancakes N Links	38	Fruit Loops	16	Strawberry	19
Pancakes, Cinnamon Glazed	35	Fruity Cheerios	24	Vanilla	19
Pancakes, Mini Eggo	35	Grits	16.5		
		Mini Wheats	24		